



DBHDD

Special points of interest:

- *Special Faithful Service*
- *Parade Award Winners*
- *Chapel Schedule*
- *Out & About*
- *Personal Notes*
- *Taking Flight*

"My idea of Christmas, whether old-fashioned or modern, is very simple; loving others. Come to think of it, why do we have to wait for Christmas to do that?"

Bob Hope

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Georgia Department of Behavioral Health & Developmental Disabilities

ECRH Bulletin

VOLUME 10, ISSUE 11

DECEMBER 13, 2013

East Central Regional Hospital

From the Desk of the RHA - Nan M. Lewis



Once the Holiday Season starts, it seems to rush by and before you know it Christmas is here - probably because there is so much going on and so much to do. A special thank you jingle to all those who made the Christmas Tree Lightings, the Annual Christmas Parade, and the Mayor's Christmas Motorcade events a huge success and enjoyable for all. A very special thank you to Mr. Brian Mulherin, who participated in each and every one of these events, he is always a joy and adds a bit of Christmas magic that only he can do (rumor is he

may truly be related to Santa!).

Looking back on 2013, the accomplishments of ECRH are many. It is amazing, when the days, weeks, and months are put together, the achievements that can be counted. Entering into 2014, we are an improved facility and that is because of YOU. Thank you for your continued dedication, and for your attention and care of our individuals whether you serve them directly or support someone who does. Be it through the smallest act of kindness and compassion, through the completion of a huge project

or initiative, through the performance of your daily job to the best of your capacity, or through teaching, leading, or setting an example for others, you make a difference in the lives of those you touch. That is the gift that keeps on giving.

As Christmas and the New Year approach, don't forget the meaning of the season and share special time with family and friends. A warm Holiday wish is extended to you and best wishes for bountiful blessings in the New Year.

Sincerely,
Nan M. Lewis

Tidbits of ECRH History

In 1958 Mrs. Earnest Vandiver, wife of Georgia's Governor, realizing there were 13,000 patients in the Milledgeville State Hospital, requested her husband to begin a statewide MAYORS' CHRISTMAS MOTORCADE as a way of providing gifts to the patients. The mayors and citizens backed the program 100% and for 55 years the Motorcade has served the state's mental hospitals each Christmas.

This year the MOTORCADE arrived at East Central Regional Hospital on Thursday, December 12th. Gifts for everyone! THANKS cities and counties!

Now, TIDBITS joins TINY TIM in saying, GOD BLESS YOU EVERYONE - MERRY CHRISTMAS!

REGIONAL HOSPITAL

Contributed by Brian Mulherin

New Employees



Front Row (L-R): Tanisha Chance, HST 1; Taylor Davis, HST 1; Tiffany Deberry, Food Service Employee 1; Ebony Booker, HST 1

Back Row (L-R): Jennifer Campbell, HST 1; Jessica Brown, CNA 1; Lekeysha Alford, HST 1; Charese Brannon, HST 1

Front Row (L-R): Tara Holmes, CNA 1; KeAndrea Haynes, HST 1; Linda Jordan, HST 2; Sally Hui, CNA 1

Back Row (L-R): Ebonnia Paz, HST 1; Dianne Jukes, HST 1; Christian Diggs, CNA; Catrina Fredrick, Housekeeper



Front Row (L-R): Victoria Middleton, HST 1; Joshua Stephens, HST 1; Christine Watson, Houseparent; Bethany Nixon, Behavioral Specialist

Back Row (L-R): Kamika Mincer, HST 1; Sopheap Pin, Pharmacist; Lena Ware, HST 1; Wyconnie Osborne, HST 1



(L-R): Mary Barnes, RN; George Hughes, Housekeeper



Andrea Brooks-Tucker, Chief Nurse Executive

Welcome New Employees!

HR Partners

ECRH had three employees Noticed by the Gnome in October and four in November. We thank them for the outstanding job that have been doing for the hospital and the individuals that we serve.

October

Erik Hardison
Steven Henderson
Dr. Jason Henle

November

Barbara Washington
Lynne Jones
Dr. Valerie Ross



Attendance Matters!!

Did you know that ...

- Regular attendance is essential to the hospital's efficient operation.
- Regular attendance is a necessary condition of employment.
- Your unscheduled absences have a negative impact on staffing.
- Reporting to work as scheduled is an essential function of your job.
- Call-ins and tardiness cause our individuals to be at risk.
- Call-ins and tardiness cause scheduling nightmares and lead to disciplinary action, up to and including termination.

Please see your manager for more information regarding the ECRH Attendance Policy.

COMING SOON! **HEALTH INSURANCE PREMIUM**

Remember that your health insurance premium for coverage effective January 1, 2014, will be made on your December 15th paycheck. As you may recall, health and flex insurance premiums are deducted one (1) month in advance. (i.e. November's deductions cover December premiums.)

Deductions for flex benefits (dental, vision, life, disability, etc.) will be made on your Dec 31st paycheck for benefits that are effective January 1, 2014.

Please keep this in mind for potential changes to your net pay.

If there are any questions, please contact a member of your HR/Payroll staff at 706-792-7177.

Please discontinue use of the old Worker's Compensation Employee Injury Report. This is the new updated version. Please call Melanie Harris, WC Representative, at 706-792-7012 for more information or questions.

(PLEASE USE BLACK INK)

Date: _____

Name _____ SSN: _____

Position Title: _____ Work Area: _____ Phone Ext: _____

Home Address: _____ Home Phone: _____

Street # and Name	City	State	Zip
-------------------	------	-------	-----

Date and Time of Occurrence: _____

Was a Consumer Responsible? Yes ☐ No ☐ Consumer Chart #: _____ Augusta ☐ Gracewood ☐

Location of Accident/Incident:

Describe Exactly What Happened:

If Injured, State What Part of Body:

Reported by: _____ Witnessed by: _____

Date and Time Reported To Supervisor

Signature and Title of Supervisor

Employee Elects Medical Treatment: ☐ Yes ☐ No**MEDICAL SECTION (TO BE COMPLETED BY EXAMINING PHYSICIAN)**

DIAGNOSIS _____

IS INJURY OR CONDITION WORK RELATED? YES ☐ NO ☐

Extent of Injury: (Please check ✓ one)

- ☐ No Apparent Injury
☐ Treated and Dismissed, No Follow-up Needed
☐ Treated, up to two (2) Follow-ups Needed
☐ Major Injury, Multiple Follow-up Visits and/or Hospitalization Needed

DISPOSITION (Please check ✓ all which apply):

- ☐ Returned to Work, No Restrictions
- ☐ Returned to Work, With the Following Restrictions: _____
- ☐ Unable to Return to Work Until (Date): _____
- ☐ Referred to _____
- ☐ Hospitalized at _____

Date and Time of Examination

Physician's Signature

- Original report & GAA given to employee to take to WC physician for completion. Employee to return completed forms to WC Office in HR.
- Duplicate report to be submitted by Supervisor to Workers' Compensation Office in HR on day of injury or, if after hours, the next workday.

HR Partners - Personal Leave Conversion

The personal leave election is a yearly process where eligible employees will be able to convert sick leave hours to personal leave. Employees, as of November 30th, with an excess of 120 sick leave hours, can convert up to 24 hours to personal leave hours. This will be based on an employee's balance of their sick leave after the posting of leave accruals and forfeitures for the pay period ending 11/30 of this year.

The employee selection process will begin on December 8th and run through December 31, 2013. Any previously unused personal leave hours will be cleared from all employees balance the night of December 31st. Personal Leave selections become available for employees via Employee Self Service January 8, 2014. I have attached a Job Aid that can assist employees with this process.

If you have any further questions, please contact your Benefits team representative at 706-792-7177 or 706-792-7175.

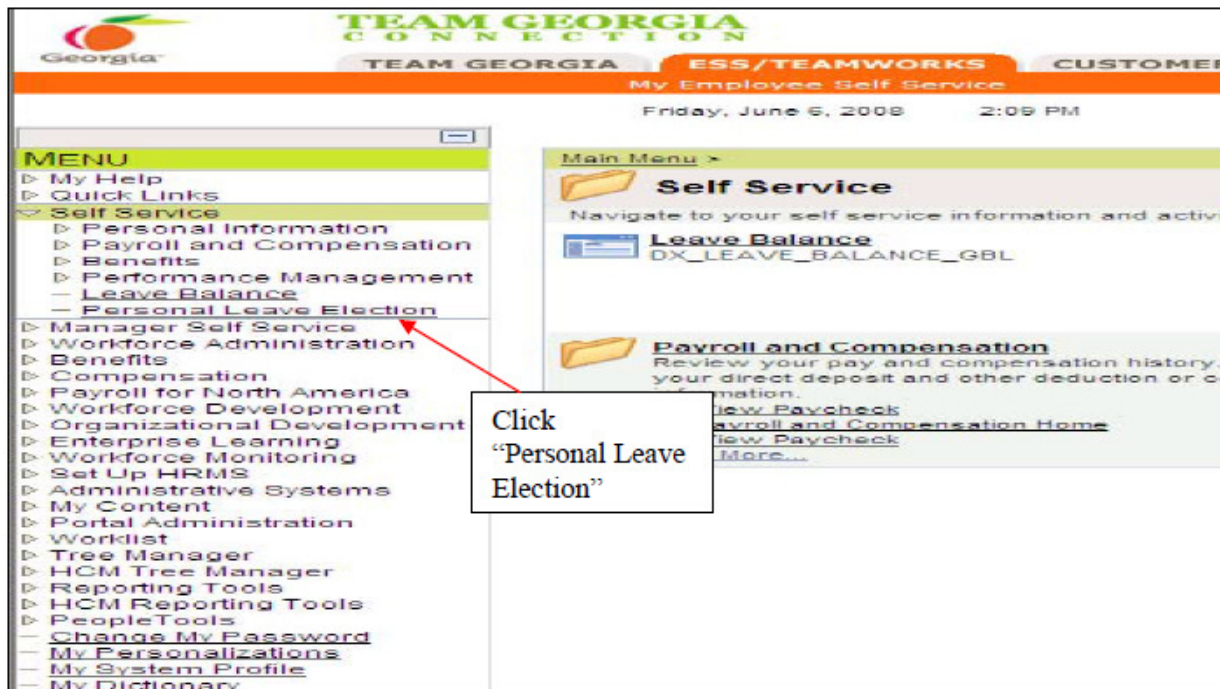
Employee Personal Leave Conversion Job Aid

Purpose

The State Personnel Administration has automated the personal leave conversion process, thus eliminating the need for a paper form. All state employees will now enter their personal leave via the Employee Self Service link.

Steps

- Log into Employee Self Service (ESS)
- Click "Personal Leave Election" from the left side of the tool bar



HR Partners

- Enter the number of desired hours to convert from sick leave to personal leave in the election hours box
- Click "Save"

The screenshot shows the 'Personal Leave Election' form. On the left is a sidebar with navigation links: Payroll and Compensation, Benefits, Performance Management, Leave Balance, Personal Leave Election (highlighted), Manager Self Service, Workforce Administration, Benefits, Compensation, Payroll for North America, Workforce Development, Organizational Development, Enterprise Learning, Workforce Monitoring, Set Up HRMS, Administrative Systems, My Content, Portal Administration, Worklist, and Tree Manager.

The main content area has a table with two columns: 'Election Hours' and 'Eligible Hours'. The 'Election Hours' field contains '10,000' and the 'Eligible Hours' field contains '13,750'. A red arrow points from the 'Eligible Hours' field to the 'Election Hours' field. Below these fields are two more fields: 'Last Saved By: 00703388' and 'Last Update Date/Time: 06/06/2008 2:11:25PM'.

To the right of the table is a box with the text: 'Enter the number of desired hours'.

Below the table is a note: 'Based on your November 30 sick leave balance, you are eligible to convert up to the number of hours indicated to personal leave. By saving your election on this page, you certify that you understand that all personal leave must be used during the new calendar year or it will be lost. Elections must be saved by December 31.'

Note:

- **Your total eligible hours are total sick leave hours minus 120 hours.**
- **The amount of desired hours to convert cannot exceed the total number of eligible hours (or 24 hours per calendar year.)**
- **The entered hours can be modified until December 31st of the current year.**
- **All converted hours to personal leave must be used by the end of the following year.**

Hospital Security - Holiday Safety

Before leaving the workplace for the holidays, it is recommended that you pay attention to the following:

- All inner office doors and building exterior doors should be closed and locked. Do not prop open an exterior door if working after hours.
- If you come in to work during the holiday, let someone know where you are and when you are expected to return.
- All portable equipment, tools, and computers should be secured or locked away.
- Make sure all windows are closed and secure.
- All valuable personal items should be taken home or securely locked away.
- Immediately report any suspicious activity or unauthorized personnel.

Happy Holidays!

Infection Control - MRSA



Methicillin – resistant staphylococcus is a type of staph bacteria that is resistant to certain antibiotics, including methicillin, oxacillin, penicillin and amoxicillin. It is often referred to as the 'Superbug'. MRSA infections can be contagious from person to person; occasionally direct contact with a MRSA infected person is not necessary because the bacteria can also be spread by touching materials or surfaces such as door handles, floors, sinks or towels that have been contaminated by MRSA infected people or carriers. Normal skin tissue in people usually does not allow MRSA infection to develop; however if there are cuts, abrasions or other skin flaws MRSA may proliferate. MRSA most often appears as a skin infection, like a boil or an abscess, many people who actually have a staph skin infection often mistake it for a spider bite.

Cellulitis is another skin infection. It affects the deeper layers of the skin and the tissues beneath. With cellulitis, the surface of the skin looks pink or red and may be warm, tender and swollen. Severe cases of MRSA can result in spreading into the blood and causing sepsis; a serious life – threatening blood infection that progresses very quickly and is often fatal. Staph infections have also been known to cause pneumonia, and very rarely staph can result in necrotizing fasciitis or "flesh – eating" bacterial infections. In U.S. hospitals MRSA causes more than 60% of staph infections. It is now a common practice, that upon admission a nasal swab is done and tested for MRSA. Approximately 25 – 30 % of people have staph bacteria in our noses. Our best defense against MRSA is good hygiene.

*Contributed by Lisa Folsom, Infection Control Nurse
and Apryl Burgess, Assistant Infection Control Nurse*

Faithful Service

On the Gracewood Campus, down in Warehouse 20, you'll find a young man working hard. Recently, he was recognized for his endeavors by his supervisor and co-workers. Troy Wilbanks received a plaque honoring his 15 years of Faithful Service to ECRH. Congratulations and thank you to Troy for all of his contributions to the hospital.



THANKS!

Washington's Birthday
is a
State Holiday



Observed on December 24th

Christmas Day
is a
State Holiday



December 25th

Training at a Glance - December

CLASS	DATE	TIME	PLACE
Nursing EMR	12/16/2013	8:00 a.m.-1:30 p.m.	BLDG 103-C Room C-18
First Aid	12/16/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	12/16/2013	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care #1	12/16/2013	8:00 a.m.-4:30 p.m.	BLDG 99B
Updated Safety Care #2	12/16/2013 12/17/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
NEO Infection Control	12/17/2013	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO Incident Management	12/17/2013	2:30 p.m.-4:30 p.m.	BLDG 103-D E&R
NEO PBS	12/17/2013 12/18/2013	8:00 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m.	BLDG 20 Gracewood Campus
CPRC	12/17/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Updated PNS Professional	12/17/2013	1:00 p.m.-3:00 p.m.	BLDG 103-C Lab
Updated Seizure Management	12/17/2013	3:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
NEO Safety Care #1	12/18/2013 12/19/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99F
NEO Safety Care #2	12/18/2013 12/19/2013 12/20/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L
First Aid	12/18/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
CPRA	12/18/2013	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated PNS End User	12/18/2013	1:00 p.m.-2:00 p.m. 2:00 p.m.-3:00 p.m. 3:00 p.m.-4:00 p.m.	BLDG 103-D E&R
Updated Incident Management	12/18/2013	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-D E&R
CPRC	12/19/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
Infection Control	12/19/2013	9:00 a.m.-10:30 a.m.	BLDG 103-D E&R
NEO CPRA	12/20/2013	12:30 p.m.-4:00 p.m.	BLDG 103-C Room C-23
NEO CPRC	12/20/2013	12:30 p.m.-4:30 p.m.	BLDG 103-C Lab
First Aid	12/20/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
TIP	12/23/2013	8:30 a.m.-10:00 a.m.	BLDG 103-D E&R

Training at a Glance - December

CLASS	DATE	TIME	PLACE
NEO Medical Emergency Response System	12/23/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
CPRA	12/23/2013	1:00 p.m.-4:30 p.m.	BLDG 103-C Room C-23
Updated Safety Care Level #1	12/23/2013	8:00 a.m.-4:30 p.m.	BLDG 99L
NEO Observation of Individual to Ensure Safety	12/26/2013	10:30 a.m.-1:30 p.m.	BLDG 103-D E&R
NEO Seclusion and Restraint	12/26/2013	1:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Incident Management	12/26/2013	8:00 a.m.-9:30 a.m. 10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-18
Updated PNS End User	12/26/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
Updated Seizure Management	12/26/2013	10:00 a.m.-11:30 a.m.	BLDG 103-C Room C-23
Updated PNS Professional	12/27/2013	8:00 a.m.-10:00 a.m.	BLDG 103-C Lab
NEO First Aid	12/27/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Room C-23
NEO Seizure Management	12/27/2013	12:30 p.m.-2:30 p.m.	BLDG 103-C Room C-23
Principles of Recovery	12/27/2013	8:00 a.m.-9:00 a.m. 9:00 a.m.-10:00 a.m.	BLDG 103-C Room C-23
NEO PNS Professional	12/30/2013	8:00 a.m.-12:00 p.m.	BLDG 103-C Lab
NEO PNS End User	12/30/2013	12:30 p.m.-4:30 p.m.	BLDG 103-D E&R
Updated Safety Care Level #2	12/30/2013 12/31/2013	8:30 a.m.-4:30 p.m. 8:00 a.m.-12:00 p.m.	BLDG 99L

Unit designated scheduler, please e-mail all CPR/First Aid request to Jackie Huff.

All other classes request to Runtha Giddens.

Pharmacy Update

PPD Vials:

PPD vials are currently being stored only on 76-1, 15-J, and AMH due to manufacturer's shortage.

Pharmacy Courier's Contact Numbers:

Pager: 706-241-0454
Cell phone: 706-834-7590

(Continued on page 10)

Pharmacy Update

(Continued from page 9)

"Pharmacy for Nurses" Classes:

All nurses are encouraged to attend the "**Pharmacy for Nurses**" classes that are being offered during Nursing Orientation in Building 103B.

Please contact Jonathan Jones or Cindy Kucela in the Pharmacy for more information.

December 16, 2013 1:30pm – 2:30pm

January 2, 2014 1:30pm – 2:30 pm

January 16, 2014 1:30pm – 2:30pm



HOLIDAY PHARMACY SCHEDULE:



**The Pharmacy Hours for
Christmas Eve and Christmas Day
will be**

**9:00 am to 1:00 pm
(For emergencies only)**

**All Floor Stock Requests and Refill Requests
must be submitted no later than
11:00 am on Monday December 23rd**

Order Date, Start Date, Duration of Therapy, and Quantity to be Dispensed in Avatar

When entering leave orders and discharge orders, please be aware that there is an **order date**, a **start date**, and **duration of therapy** that need to be addressed.

The **order date** is the date that the order is entered.

The **start date** should be entered as the first day (date and time) of the leave or the date and time of discharge.

The **duration of therapy** should be entered accurately to ensure that the Individuals receive the correct number of doses of each medication.

If the order requests a **quantity to be dispensed**, please place the number of tablets that are being requested for the prescription. If 0 is entered as the **quantity to be dispensed**, the pharmacy will not dispense any medication.

Come to Thursday Night Worship!



December 19th: Christmas Program

December 26th: Friends of Gracewood!

All programs begin at 7:00 PM.

Location: Chapel of All Faiths

Mental Health First Aid

Please note the course time has been reduced from 12 to 8 hours.

Tuesday, December 17th

12:30 pm-5:00 pm

and

Wednesday, December 18th

8:00 am-12:30 pm

Attendance both days is required to complete the course and obtain a certificate.

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illness and substance use disorders. It is offered in the form of an interactive 2-day course that presents an overview of mental illness and substance use disorders in the U.S. and will introduce participants to risk factors and warning signs of mental health problems, build an understanding of their impact, and provide overviews of common treatments.

Those who take the 8-hour course learn a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care. A certificate is awarded to each individual who successfully completes the course.

Clinical staff, especially HSTs, who are interested in completing this course should contact their Nurse Manager to reserve a place in one of these classes.

Contact Lorraine Jackson CNS, Educator, via email for further information. lwjackson@dhr.state.ga.us

Safety Shop

I thought I would try something fun to help spread the word about Fire Safety. Please enjoy the Fire Safety word search and remember some of the key words for Fire Safety.

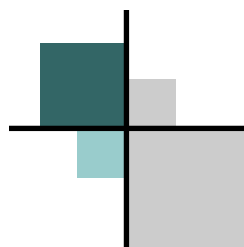
Fire Safety Word Search



AIM
 ALARM
 ALL CLEAR
 CHIMES
 CLOSE DOORS
 CODE RED
 CONTAIN
 EVACUATE
 EXTINGUISHER
 FIRE FIGHTER
 FIRE SAFETY
 HEAD COUNTS
 LOCATIONS
 PASS
 PULL
 RACE
 RADIO
 RESCUE
 SAFETY MANAGER
 SECURITY
 AQUEEZE
 STROBES
 SWEEP
 SWITCHBOARD

If you need assistance with anything - Fire Safety, Life Safety, Radio Communications, MSDS, HazMat, Medical Equipment, or Emergency Management - please contact Jennifer Sosebee, Safety Officer, at 706-790-2400/2401. Or e-mail at jgsosebee@dhr.state.ga.us.

HELP ME HELP YOU make ECRH a safe place for our individuals, visitors and staff.



Work Therapy - Augusta Campus

Work Therapy-Augusta Campus is continuing the Holiday Sale on December 16th, 17th, and 18th from 9:30 AM to 12:15 PM and 1:15 PM to 2:00 PM. The final day to place an order is December 13th.

The individuals have been working to learn a variety of vocational skills including: customer service, sorting, organizing, assembling, recording orders, writing receipts, and completing sales transactions. Please stop by the sale to purchase an item or just to browse. Your participation as a potential "customer" will allow our individuals to practice their skills to further solidify their learning experience.

Thank you for your continued support of the Work Therapy Program!



**Augusta Campus
Work Therapy Sale**

OPEN

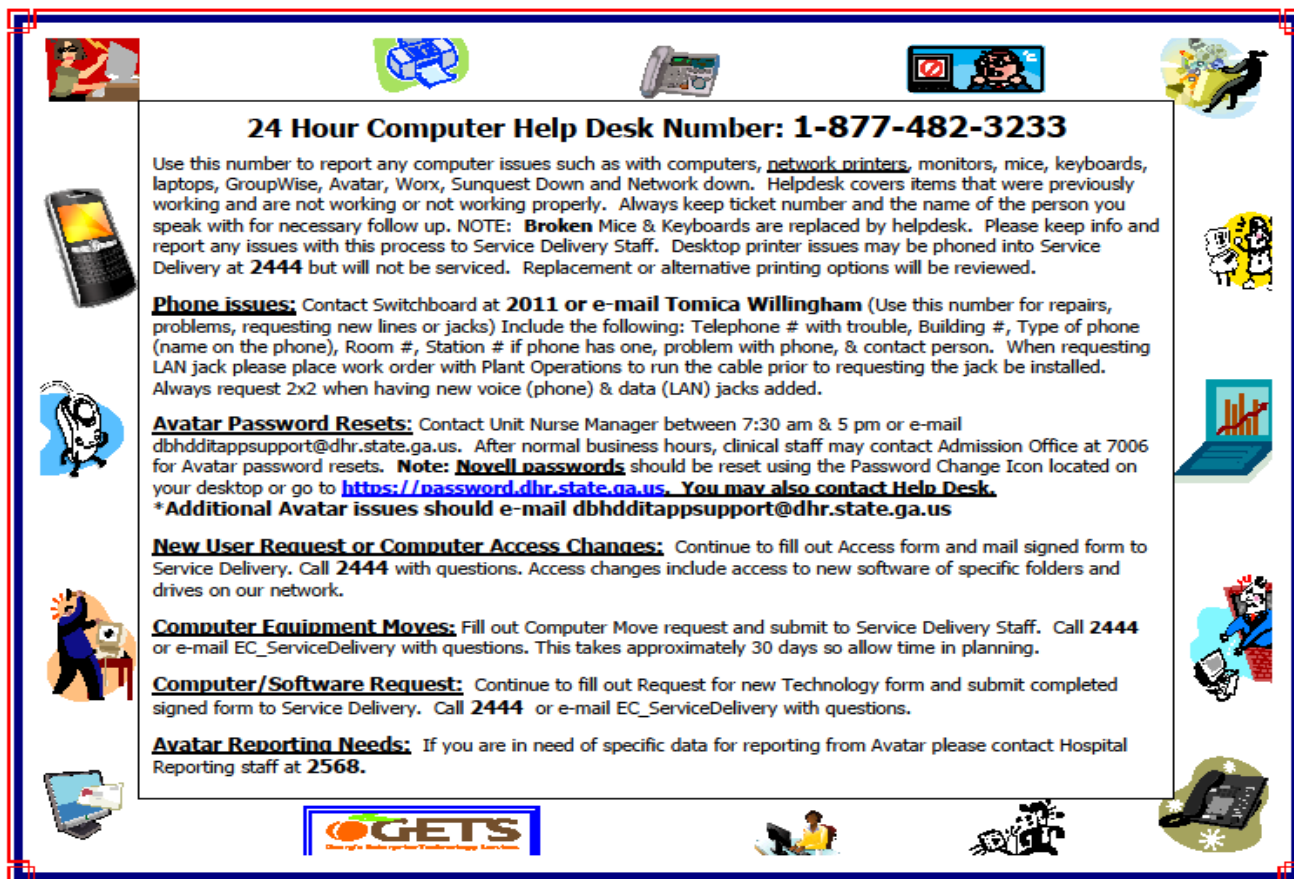
**We invite you to the Work
Therapy Holiday Sale**

WHEN: December 16th, 17th, 18th from 9:30 AM to 12:15 PM and 1:15 PM to 2:00 PM

WHERE: Work Therapy Building #9

WHAT: Holiday Ornaments, Wreaths, Teardrops, and much more

All proceeds go to the individuals who assisted in preparing for and working the sale.
All sales are first come, first served.
Questions: [Contact Augusta Campus Work Therapy Department]



24 Hour Computer Help Desk Number: 1-877-482-3233

Use this number to report any computer issues such as with computers, network printers, monitors, mice, keyboards, laptops, GroupWise, Avatar, Worx, Sunquest Down and Network down. Helpdesk covers items that were previously working and are not working or not working properly. Always keep ticket number and the name of the person you speak with for necessary follow up. **NOTE: Broken Mice & Keyboards are replaced by helpdesk.** Please keep info and report any issues with this process to Service Delivery Staff. Desktop printer issues may be phoned into Service Delivery at 2444 but will not be serviced. Replacement or alternative printing options will be reviewed.

Phone Issues: Contact Switchboard at 2011 or e-mail Tomica Willingham (Use this number for repairs, problems, requesting new lines or jacks) Include the following: Telephone # with trouble, Building #, Type of phone (name on the phone), Room #, Station # if phone has one, problem with phone, & contact person. When requesting LAN jack please place work order with Plant Operations to run the cable prior to requesting the jack be installed. Always request 2x2 when having new voice (phone) & data (LAN) jacks added.

Avatar Password Resets: Contact Unit Nurse Manager between 7:30 am & 5 pm or e-mail dbhdditappsupport@dhr.state.ga.us. After normal business hours, clinical staff may contact Admission Office at 7006 for Avatar password resets. **Note: Novell passwords** should be reset using the Password Change Icon located on your desktop or go to <https://password.dhr.state.ga.us>. **You may also contact Help Desk.**
*Additional Avatar issues should e-mail dbhdditappsupport@dhr.state.ga.us

New User Request or Computer Access Changes: Continue to fill out Access form and mail signed form to Service Delivery. Call 2444 with questions. Access changes include access to new software or specific folders and drives on our network.

Computer Equipment Moves: Fill out Computer Move request and submit to Service Delivery Staff. Call 2444 or e-mail EC_ServiceDelivery with questions. This takes approximately 30 days so allow time in planning.

Computer/Software Request: Continue to fill out Request for new Technology form and submit completed signed form to Service Delivery. Call 2444 or e-mail EC_ServiceDelivery with questions.

Avatar Reporting Needs: If you are in need of specific data for reporting from Avatar please contact Hospital Reporting staff at 2568.

GETS
Georgia's Electronic Transfer Technology Services

ECRH- 2013 Christmas Parade
Awards and Recognition
All Entries are "WINNERS"
Thanks to all that Participated!

Unit Awards

Most Consumer Oriented
Camellia- *"Candy Crush"*



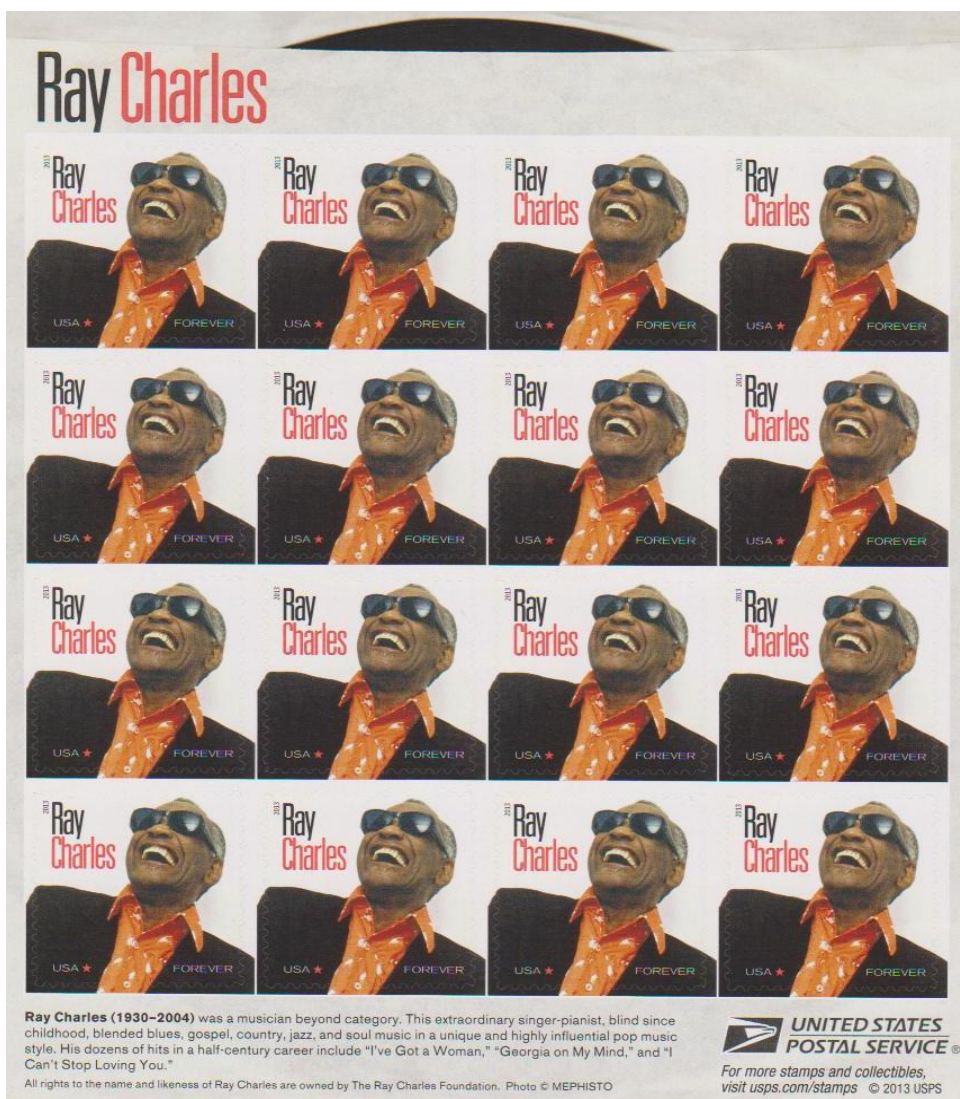
Best Overall in Parade
Redbud- *"Mickey Mouse Christmas"*



Happy Holidays

Gracewood Post Office**Window Hours****M-F 9:00 am-12:00 noon****1:30 pm-4:30 pm****Sat 9:00 am-10:45 am**

Visit the Gracewood Post Office today and ask Frank Deas about renting a Post Office Box!



**Now
Available!**

**Now
Available!**

**Now
Available!**

Out & About

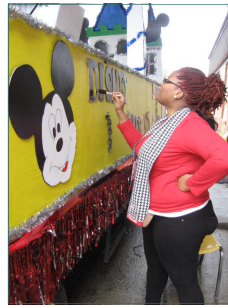
Augusta Campus Tree Lighting



Christmas Parade

Out & About

Signs of the Season at ECRH





Looking for a new vehicle?
For the rest of 2013, Richmond Community Federal Credit Union is offering new car rates as low as **2.10% for 60 months*!**

Whether you are in the market for a new car, a new home, a personal loan or a Visa card, come see us for all of your lending needs!

**Richmond Community Federal
Credit Union Holiday Hours:**

December 24, 2013 - Closing at 12:00pm -
Christmas Eve

December 25-26, 2013 - Closed - Christmas

January 1, 2014 - Closed - New Years Day



12.12.12



Holiday Loan Special*!

\$1,200.00

12 Months

12% Fixed APR*

Let us help you make your Holiday stress free. Richmond Community will offer the Holiday Loan from November 1, 2013 until January 31, 2014. See a loan officer today to apply.

**Certain credit and policy restrictions will apply. All loans are subject to credit approval.*

Paper Statement Fee:

Due to increasing cost in postage and production, Richmond Community Federal Credit Union finds it necessary to implement a fee of \$2.00 (per paper statement) for all statements that are printed and mailed to members. This fee will be assessed on the last day of each month **beginning December 31, 2013.**

We encourage you to sign up for e-Statements. This convenient and free service will allow you to receive your statements faster and more securely from our online banking website, RCFCU@Home. By enrolling in e-Statements, you will not be assessed the \$2.00 paper statement fee.

www.richmondcommunityfcu.org

2048 Tobacco Rd. Gracewood, Ga. 30812

(706)-790-1776

Personal Notes

"A special thanks to everyone who assisted in any way with the 2013 annual Christmas Tree Lighting on the Augusta Campus. The key to our success rests in people like you. You have the spirit of greatness by saying, "Yes, of course I will be glad to assist." Thanks for your inspiring dedication and your tremendous example of living the real meaning of Christmas.

Regenia Harrison-Moore, TIP Coordinator

Sondra L. Williams, Treatment Mall Coordinator



If anyone would like to donate clothing for the Christmas Ball, we need formal attire for both male and female individuals. You can bring the clothes to the Augusta Campus Gym, now through Dec 17, 2013. We thank you for helping to make this season special for our individuals.

Urgent Need!

Tiffany Marshall, Activity Therapist

The Adult Mental Health and General Mental Health units
of the Augusta campus are currently accepting

Clothing Donations

With the Christmas season upon us, we are currently asking for donations such as:

- Coats and jackets
- Formal wear
- Shoes and any other items that your heart desires to give!



*Please feel free to give donations to the Activity Therapy staff in Building 4 or Building 15.
Thank you in advance and Happy Holidays!*

Published Twice Monthly



DBHDD

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NOTICE

Items for publication must be submitted in written form. The upcoming issue's deadline is December 23, 2013. All articles and notices submitted for publication in the East Central Regional Hospital Bulletin are subject to editorial discretion. Please contact the Bulletin editor if you have questions regarding editorial decisions.

**Our Mission**

The mission of East Central Regional Hospital is to provide safe, competent and compassionate services to persons with mental illness and/or developmental disabilities.

Our Vision

The vision of our Facility is to be a center of excellence in the provision of comprehensive, responsive and compassionate care for consumers and their families.

Our Values

East Central Regional Hospital is caring and therefore, responsive to our consumers, their families, stakeholders and our employees through commitment to our core values:

Integrity**C**ommunication & Collaboration**A**ccountability**R**ecognition through Relationships**E**mpowerment through Excellence

Accredited

by

The Joint Commission

Campus Marquees

Deadline for submission of

JANUARY MESSAGES**December 23, 2013**

Submit information to Teresa Crouch

Gracewood Campus

Extension 2030

**(Information must be submitted on or before the indicated date
to be placed on Marquees for the following month.)**

ECRH Jobs List

This is a list of job openings currently available at East Central Regional Hospital. For further information regarding these positions, please go to the DBHDD webpage at www.dbhddjobs.com.

Activity Therapist - Redbud Unit

Associate Nurse Executive - Augusta Campus

Behavioral Health Social Worker (MSW) - AMH

Certified Nursing Assistant 1 (multiple shifts available)

Clinical Dietitian

CNA 2

DD Shift Supervisor - Gracewood Campus

Economic Support Specialist

Facility Safety Officer - Corporal

Food Service Worker (AL)

Health Care Worker

Health Service Technician 1 - Augusta Campus

Health Service Technician 1 - Gracewood Campus

Health Service Technician 1 - Occupational Health

Health Service Technician 2 - Occupational Health

Health Services Technician 2 - Augusta Campus

Health Services Technician 2 - Gracewood Campus

HVAC Repair Technician

Landscape Gardener

LPN - 1st Shift- Augusta Campus

LPN - 1st Shift- Gracewood Campus

LPN - 2nd Shift- Augusta Campus

LPN - 2nd Shift- Gracewood Campus

LPN - 3rd Shift- Augusta Campus

LPN - 3rd Shift- Gracewood Campus

MH Shift Supervisor

Occupational Therapist

Operations Analyst / Performance Improvement Coordinator

Pharmacist (AL)

Physicians Assistant

Procurement Officer

Program Associate (AL) - Human Resources

RN - Augusta Campus

RN - Charge Nurse - Augusta Campus

RN - Charge Nurse - Gracewood Campus

RN - Forensic Mall

RN -Gracewood Campus

Taking Flight

A Briefing from Project GREAT

Georgia Recovery-Based Educational Approach to Treatment

A RECOVERY STORY

"Life without Limits"^{1,2}

Born in Australia some 30 years ago, Nick Vujicic unexplainably had no arms or legs. Located where his left leg was supposed to be, he only had a small appendage he refers to as his "chicken wing" that provided any means to navigate through this world. One can barely imagine the hardships that this child was going to experience with virtually every basic human function severely restricted by the absence of arms and legs. Although he was given the opportunity to be the first "disabled" student to be integrated into Australian mainstream classrooms, he was often targeted by bullies that would ridicule and humiliate him. Some days he would try to hide himself in the gardens of school hoping no one would see him, and nearly every day he would come home in tears. By eight years of age, the burden of life had become so terrible that he contemplated suicide. By ten years of age, he feared that he would always be a burden, and in a time of emotional darkness attempted to drown himself in the bathtub. Yet, thoughts of hurting his family stopped the attempt.

After years of feeling worthless and alone, Nick's recovery began after reading an article about a disabled man who refused to let physical limitations hold him back. It was then that the child without limbs became the life without limits. He ceased seeing the many obstacles that he faced as problems, but instead began to see them as opportunities to grow and reach out to others. With the loving support of his family and his spiritual faith, Nick began to believe that even with disabilities, a life of joy and adventure awaited him. And did it ever!

In his own words, "Can you imagine if I didn't stick around in this life? I had no idea that I would complete a double degree in Accounting

and Financial Planning, or that I could type 43 words a minute, or by age 27 I'd be a world-traveler, meeting Presidents and speaking to crowds as large as 110,000 people. I had no idea that I would found two organizations, give to the needy and address four internationally-based congresses. Who could have imagined that a man without arms or legs would be the hands and feet of love, hugging teenagers around the world, telling them that they are loved, making them believe that there is hope and a future for their lives?" Nick surfs, snorkels, golfs, and plays soccer. And a couple of years ago, he married the love of his life and danced at his wedding. On her show "Life Class", Oprah Winfrey asked Nick how he was able to take what the world might look at as a "bad hand" and change it around into a source of strength. His reply, "Being born without arms and legs—it's all about choice... I had parents who were my heroes. They always said, 'You can either be angry for what you don't have or be thankful for what you do have. Do your best and God will do the rest.' I knew that I could be unstoppable."

LEARNING POINT

Nick writes, "Although I appear 'incomplete' on the outside, I am whole on the inside. Sadly there are many people with arms and legs who are whole on the outside but are broken on the inside." As Nick's remarkable story so beautifully illustrates, however, it is possible to resurrect a good life from brokenness by having the faith that one can choose to view obstacles as opportunities and to exchange bitterness with gratitude. Alex Mabe, Ph.D.

1 Vujicic, N. (2012). *Life Without Limits: How to Live a Ridiculously Good Life*. Allen & Unwin.

2 Oprah Winfrey's Life Class, "How Nick Vujicic Triumphed Against All Odds," Published on January 10, 2013, <http://www.oprah.com/oprah-life-class/How-Nick-Vujicic-Triumphed-Against-All-Odds-Video>